



Overcoming Anxiety

Anxiety causes what used to be perceived as adventure to now be perceived as threat. What used to be an exciting challenge now perceived as danger.

Matthew 4:12-17: ¹² When Jesus heard that John had been put in prison, he withdrew to Galilee. ¹³ Leaving Nazareth, he went and lived in Capernaum, which was by the lake in the area of Zebulun and Naphtali— ¹⁴ to fulfill what was said through the prophet Isaiah: ¹⁵ "Land of Zebulun and land of Naphtali, the Way of the Sea, beyond the Jordan, Galilee of the Gentiles—¹⁶ the people living in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned." ¹⁷ From that time on Jesus began to preach, "Repent, for the kingdom of heaven has come near."

Matthew presents Jesus as the one who will ILLUMINATE things that humanity had previously been unable to perceive.

repent: greek metanoeo. "to think differently"

An illumination will result in new thinking.

Jesus illuminated the generosity of the Father.

Jesus illuminated what God really wants.

Jesus illuminated the true value of every human.

Jesus illuminated the true nature of death.

Jesus illuminated what it means to be truly human.

Hebrews 1:3: The Son is the radiance of God's glory and the exact representation of his being...

Philippians 1:6 "being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."